



CITY OF COLLEGE STATION
PARKS & RECREATION

SUMMER 2014

SWIM PARENT HANDBOOK



**American
Red Cross**



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It is important to review all sections of the Swim Parent Handbook before enrolling your child in swim lessons. To help determine what level a child should be enrolled in, ask yourself “can my child perform all of the skills listed in this class?” If the answer is yes, then enroll your child in the next level. If the answer is no, then that is the level in which they should be enrolled in.

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cstx.gov/pools | 979.764.3486

SESSION SCHEDULES & FEES

Registration begins **May 5** online at rectrac.cstx.gov or visit the Stephen C. Beachy Central Park Office, located at 1000 Krenak Tap Road. Rain Checks will be accepted at walk-in registration, open Monday – Friday from 8 a.m.-5 p.m. Swim lesson dates and times are subject to change. Classes subject to a minimum number enrolled.

SESSION	DATES	CLASSES (week 1, week 2)
I	June 3-13	TUE-FRI, TUE-FRI
II	June 17-27	TUE-FRI, TUE-FRI
III	June 30- July 11	MON-THUR, TUE- FRI (off July 4)
IV	July 15-25	TUE-FRI, TUE-FRI
V*	Aug. 5-15	TUE-FRI, TUE-FRI

*No 11 or 11:30 a.m. classes offered session V at Adamson Lagoon

ADAMSON LAGOON						
CLASSES	AGES	SESSIONS	TIMES	LEVELS	DURATION	FEES (Res/Non-Res)
Starfish & Parent	6-35 mos.	I-V	10, 10:30, 11, 11:30 a.m.	---	30 min	\$40/\$80
Frogs & Parent	3-5 yrs	I-V	9:30 a.m.	1, 2	30 min	\$40/\$80
Frogs	3-5 yrs	I-V	8, 8:30...11:30 a.m.	1, 2, 3	30 min	\$40/\$80
Minnows	6+ yrs	I-V	8, 9, 10, 11 a.m.	1	45 min	\$45/\$90
Sea Turtles	6+ yrs	I-V	8, 9, 10, 11 a.m.	2	45 min	\$45/\$90
Seahorses	6+ yrs	I-V	8, 9, 10, 11 a.m.	3	45 min	\$45/\$90
Crocodiles	6+ yrs	I-V	8, 9, 10, 11 a.m.	4A	45 min	\$45/\$90
Whales	6+ yrs	I-V	8, 9, 10, 11 a.m.	4B	45 min	\$45/\$90
Dolphins	6+ yrs	I-V	9, 10, 11 a.m.	5	45 min	\$45/\$90
Sharks	6+ yrs	I-V	8 a.m.	6	45 min	\$45/\$90
Jr. Beginner	12+ yrs	I-V	8 a.m.	1, 2 ,3	45 min	\$45/\$90
Adult Beginner	16+ yrs	I-V	8 a.m.	1, 2 ,3	45 min	\$45/\$90
Water Safety Inst. Aide	12+ yrs	I	8, 10 a.m.	---	2 hrs	FREE
Semi-Private Morning Lessons -- Registration begins May 12 by calling 979.764.3540.						
CINDY HALLARAN POOL						
CLASSES	AGES	SESSIONS	TIMES	LEVELS	DURATION	FEES (Res/Non-Res)
Frogs	3-5 yrs	I-V	6:45, 7:15 p.m.	1, 2, 3	30 min	\$40/\$80
Minnows	6+ yrs	I-V	6:45, 7:45 p.m.	1	45 min	\$45/\$90
Sea Turtles	6+ yrs	I-V	7:45 p.m.	2	45 min	\$45/\$90
Seahorses	6+ yrs	I-V	7:45 p.m.	3	45 min	\$45/\$90
THOMAS POOL						
CLASSES	AGES	SESSIONS	TIMES	LEVELS	DURATION	FEES (Res/Non-Res)
Starfish & Parent	6-35 mos.	I-V	5:30 p.m.	---	30 min	\$40/\$80
Frogs & Parent	3-5 yrs	I-V	6:15 p.m.	1, 2	30 min	\$40/\$80
Frogs	3-5 yrs	I-V	5:30, 6, 6:30, 7, 7:30 p.m.	1, 2, 3	30 min	\$40/\$80
Minnows	6+ yrs	I-V	6:30, 7:30 p.m.	1	45 min	\$45/\$90
Sea Turtles	6+ yrs	I-V	6:30, 7:30 p.m.	2	45 min	\$45/\$90
Seahorses	6+ yrs	I-V	6:30, 7:30 p.m.	3	45 min	\$45/\$90
Crocodiles	6+ yrs	I-V	7:30 p.m.	4A	45 min	\$45/\$90
Whales	6+ yrs	I-V	7:30 p.m.	4B	45 min	\$45/\$90
Dolphins	6+ yrs	I-V	7:30 p.m.	5	45 min	\$45/\$90

PARENT TIPS

The American Red Cross swim courses offered at City of College Station facilities are designed to give your child a positive learning experience, teach water safety and swimming skills. **It must be noted that not all children learn at the same rate. It may take more than one session for your child to master the skills within their swimming level. With this in mind, parents play an important role in guiding, caring for, supervising, motivating and working with their child during this experience in order to enhance learning.**

- **Prepare your child for this experience.** Make opportunities for visiting the pool before the beginning of class. Describe what will occur and talk to an instructor.
- **Be on time to class.** Children can get anxious if hurried. Allow plenty of time before and after class for showering, going to the bathroom and dressing.
- **Follow all rules and regulations.** You are responsible for your child's actions. Review the pool rules with your child and talk about them. Be a good role model.
- **Attend every lesson.** Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.
- **Complete all the levels.** Make sure your child completes all the swim levels, so that he or she truly has the skills to be safe in, on and around water.
- **Encourage safe practices.** Young children cannot be expected to exercise good judgment and caution. Children must be constantly reminded to walk slowly in the pool area, only enter the water with the instructor during the class and with you after class.
- **Have patience.** It is important not to pressure your child to perform before he or she is ready. Readiness results from maturity, experiences and other individual factors.
- **Avoid comparisons.** No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice and previous experience. Respect your child's qualities and do not compare them to their siblings or other children.
- **Provide encouragement.** A good rule is to encourage your child to do everything, but not to force him or her to do anything. Forcing a child will only bring negative results. Let your child know that learning involves lots of practice and they should keep trying.
- **Be positive.** Use a positive attitude when correcting behavior or enforcing rules. Discuss what behavior is expected in addition to pointing out what the child has done wrong.
- **Give praise.** Recognize your child's efforts, no matter how small the accomplishment. People are not motivated by failure or ridicule. Success promotes success. Praise should be descriptive of an action. Rather than simply saying "Good", say, "I like the way you blew those great big bubbles".
- **Facilitate practice and review.** Practice the skills and activities at home or during the recreational swimming hours at the pool. The bathtub, shower or wading pool is a perfect place for practice. The more practice, the better your child will learn and the more quickly he or she can progress.

GENERAL INFORMATION & OBJECTIVES

WARNING: A certificate from any of our classes does not ensure against drowning

- Panic is the major cause of drowning and even a good swimmer can panic.
- Watch your children at all times, whether at a pool, wading pool and even with a lifeguard on duty.
- Never assume a child is safe in a swim ring, inner-tube, float toy or holding onto a kickboard. They could float into too deep water, lose floating support and find themselves too far from the side of the pool.

MEDICAL HISTORIES

- Medical histories should be available poolside for students with medical issues. Inform us during registration of any special needs.

INSTRUCTOR/ AIDES

- Water Safety Instructors and Water Safety Instructor Aides are certified by the American Red Cross.

SWIM LESSON PARTICIPANT SURVEY

- We appreciate your comments on our program and instructors. Surveys are e-mailed to all participants and provide valuable feedback allowing us to improve the Learn-to-Swim program.

OBJECTIVES

- Provide for the safety of the students.
- Facilitate a positive, happy experience for students.
- Teach students to enjoy the water, how to swim and water safety.
- Emphasize self-help (ability to get oneself out of a dangerous situation by not panicking, by rolling over onto the back, floating and calling for help, or by swimming to side and calling for help or getting out).

POLICIES

SPECTATOR OBSERVATION

- **First Day of Class:** Accompany your children to class and sit nearby to hear, see and encourage them. Take this opportunity to meet their instructor and ask any questions you may have about the program.
- **Last Day of Class:** Children get to show off their new skills and you're invited to class to watch.
- **Other Days:** Designated spectator waiting areas are provided for observation of lessons.
- Sitting or standing directly beside a class is not allowed as this may be distracting to students.
- Pool management can discuss with you any special considerations requiring closer supervision.

HEALTH & HYGIENE

- Students with open wounds, lesions, contagious rashes or etc. will not be allowed to swim.
- **DO NOT allow children with active diarrhea to go into the pool.**
- **An illness accompanied by diarrhea will require a two-week waiting period after the child is well.**
- Swim diapers are required for all children who are NOT toilet trained or are NEWLY toilet trained. **Swim diapers are disposable and prevent pool contamination - MUST BE ONE USE ONLY.**
- To prevent pool contamination, restrooms and baby changing tables should be used for changing clothes and diapers. **DO NOT CHANGE DIAPERS OR CLOTHES ON POOL CHAIRS OR CHAISE LOUNGES.**
- The pool closes for obvious health reasons when fecal or vomit contamination occurs.
- Call 979.764.3486 to discuss refund/transfer when your child's illness requires dropping out of class.

REFUNDS/TRANSFERS

- A \$20 processing fee is charged for ALL transfers and refunds
- NO TRANSFERS to different times/sessions with less than a seven-day notice before the class start date
- NO REFUNDS with less than a seven-day notice before class start date
- A doctor's note is required for full refund due to extended illness

CANCELED CLASSES

- Thunder, lightning and/or very heavy rain will cause cancellation of in-water portion of lessons.
- Lessons will be canceled for at least 30 minutes after hearing thunder or seeing lightning.
- Bad weather cancellation decisions are usually made 15 minutes before class time.
- To hear current status of lessons, call the pool lesson site 15 minutes before class time.
- Because of quickly-changing weather conditions, class status may suddenly change.
- When feasible, safety lessons are discussed when in-water lessons are canceled.

COMPENSATION FOR CANCELED CLASSES

- Rain checks will be issued for canceled classes and are attached on the last day of class to the student's College Station Swim Certificate.
- **Rain checks equal the value of one pro-rated day of lessons and are redeemable for in-person registration for future swim lessons. Rain checks are valid for one-year from date of issue and have no cash value.**
- **NO REFUNDS and NO MAKE-UP LESSONS for canceled classes.**
- **NO REFUNDS, NO MAKE-UP LESSONS, NO RAIN CHECKS and NO SCHEDULE CHANGES for lessons missed for personal reasons.**

RESTROOM SAFETY POLICY

- Children 3-5 years old will be escorted to the restroom during class time.
- Children 6 years and older are allowed to go unescorted to the restroom during class time.

CRYING PARTICIPANTS

- To help with adjustment, we may invite a parent to get into the water on the first or second day with their crying child.
- If the child is unhappy with lessons after the second day, transfer to a Parent and Frog class may be suggested or transfer to a later session is possible (no transfer fee).
- Taking a child swimming at the same pool during public hours may decrease a child's anxiety.
- A full refund is also an option.

SEMI-PRIVATE LESSONS – For those who prefer a smaller classroom format over a group lesson

- Minimum age of 6 years.
- Class Length is 45 minutes.
- **Location:** Adamson Lagoon during morning lessons and dependent upon instructor availability.
- Instructors are assigned by management.
- Enrollment in class is limited to a maximum of two participants of similar age and ability.
- **Fee:** \$90/Resident and \$180/Non-Resident.
- Contact 979.764.3540 for fee information and registration.

STUDENT WITH SPECIAL NEEDS

- Please indicate at time of registration any special needs of student.
- Advance notice is required to plan for accommodation of special needs.
- Contact 979.764.3540 to discuss student special needs in compliance with ADA Regulations.

CLASS ORGANIZATION

CLASS PLACEMENT

- Children are given a short swim test on the first day to assess their swimming ability.
- We reserve the right to move a child to a more suitable class based on their abilities.
- Children must meet prerequisites for each level of swim class.

CLASS DISCIPLINE

- We reserve the right to remove children if they disrupt class or are verbally or physically abusive.

CLASS PROGRESS

- Endurance, coordination and comfort level in the water contribute to the student's progress.
- **Most students require repetition of a level before competency is acquired at that level.**

- Repeating a level means there has been improvement, but more practice, endurance and coordination is needed to meet the Performance Guidelines and prepare for the more advanced and more rigorous skills of the next level.

PARTICIPANT SKILL EVALUATIONS

- American Red Cross Stroke Performance Guidelines are followed for stroke evaluations.
- **Program Supervisors evaluate strokes that students swim for 25 yards or more.** Water Safety Instructors evaluate skills and strokes that students swim for less than 25 yards.
- Evaluations are conducted on the sixth and seventh days of a session.

STUDENT CERTIFICATES

- On the last day, all students receive a College Station certificate indicating skills mastered.
- Certificates also have the instructor's recommendation for the next class to enroll in.
- An American Red Cross Certificate is issued to those who successfully complete all skills and meet the Stroke Performance criteria for the level.

PARENT & CHILD AQUATICS

STARFISH & PARENT | AGES: 6 months – 3 years | CLASS LENGTH: 30 minutes

Builds basic water safety skills for both parents and children by helping infants and young children become comfortable in the water, so they are willing and ready to learn to swim.

LEVEL 1 - Introduces basic skills and safety topics to parents and children.

- | | |
|---|--|
| • Getting wet with toys and kicking | • Roll from front to back and back to front |
| • Enter/exit water by lifting in/out and walking in/out | • Passing from instructor to parent |
| • Out-of-water, in-water and underwater exploration | • Leg actions on front and back |
| • Blowing bubbles on the surface, and with mouth and nose submerged | • How to call for help and the importance of knowing First Aid and CPR and wearing a life jacket |
| • Submerging mouth, nose and eyes | • Basic water safety rules |
| • Front and back floats and glides | • Recreational water illnesses |
| | • Sun safety |

LEVEL 2 - Participants will improve on Level 1 skills and learn more advanced skills.

- | | |
|--|---|
| • Enter water from a seated position, by rolling over from a seated position and sliding in, and by stepping in, jumping in and using a ladder or stairs | • Opening eyes and retrieving submerged objects |
| • Exploring the pool (in shallow water) | • Bobbing |
| • Using the pool side and a ladder to exit | • Front and back floats and glides |
| | • Passing between adults |
| | • Drafting with breathing |

- Alternating or simultaneous leg/arm actions on front and back
- Combined arm and leg actions on front with breathing, and on back
- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the water park
- Water toys and their limitations

PRESCHOOL AQUATICS

PARENT & FROG | AGES: 3-5 years | CLASS LENGTH: 30 minutes

Gives young children (accompanied by a parent) the positive, age-appropriate learning experience that emphasizes water safety and survival concepts. Skills help participants achieve success on a regular basis with a parent in a class environment.

LEVEL 1 - Helps participants feel comfortable in the water. **Level 1 skills may be performed with support.*

- Enter /exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide / back float and recover to a vertical position
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating simultaneous leg/arm actions on front and back
- Staying safe around aquatic environments
- Recognizing lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

EXIT SKILLS – Enter independently, travel five yards, submerge to mouth and blow bubbles for three seconds, then exit. In shallow water, glide two body lengths, roll to back and float for three seconds, recover to vertical position.

LEVEL 2 - Builds on Level 1 skills and teaches participants success with fundamental skills such as floating and basic locomotion. **Level 2 skills may be performed with assistance.*

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing three times
- Open eyes under water and retrieve submerged objects two times
- Front and back floats and glides for five seconds
- Recover from a front / back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Staying safe around aquatic environments
- Recognizing lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

EXIT SKILLS – Glide on front, for two body lengths, roll to back and float five seconds and recover to vertical. Swim using combined arm and leg actions on front for three body lengths, roll to back, float for five seconds, roll to front, and continue swimming for three body lengths.

FROGS | AGES: 3-5 years | CLASS LENGTH: 30 minutes

Gives young children a positive, age-appropriate aquatic learning experience that emphasizes water safety and entry-level swim skills, includes water orientation. Skills learned help participants achieve success on a regular basis with peers in a class environment. **Level 1 skills may be performed with support.*

LEVEL 1 - Helps participants feel comfortable in the water and to enjoy the water safely.

- Enter/exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide/back float and recover to a vertical position
- Roll from front to back and back to front
- Treading water with arm and hand actions
- Alternating and simultaneous leg/arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards and emergencies
- Don't just pack it, wear your jacket
- How to call for help
- Too much sun is no fun

EXIT SKILLS – Enter independently, travel five yards, submerge to mouth and blow bubbles for three seconds, then exit. In shallow water, glide two body lengths, roll to back and float for three seconds, recover to vertical position.

LEVEL 2 - Builds on Level 1 skills and teaches participants the fundamental skills, such as floating and basic locomotion. **Level 2 skills may be performed with assistance.*

- Enter water by stepping in
- Enter/exit water using ladder, steps or side
- Open eyes under water and retrieve submerged objects
- Bobbing three times
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions for five seconds
- Finning arm action on back for three body lengths
- Roll from front to back and back to front
- Combined arm/leg actions on front and back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing the lifeguards
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

EXIT SKILLS – Glide on front/back for two body lengths, roll to back/front and float five seconds and recover vertical. Swim using combined arm and leg action on front for three body lengths, roll to back, float for five seconds, roll to front and continue swimming for three body lengths.

LEVEL 3 - Builds on Level 2 skills and improves participant's coordination of simultaneous arm and leg actions and alternating arm and leg actions. **Level 3 skills are performed independently.*

- Enter water by jumping into shoulder depth water
- Fully submerging and holding breath for five seconds
- Bobbing five times
- Front, jellyfish and tuck floats for five seconds
- Back float, glide and recover to vertical position
- Change direction of travel while swimming
- Finning arm action on back for five body lengths
- Tread water using arm/leg actions for 15 seconds
- Staying safe around aquatic environments

- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

EXIT SKILLS – Step in to chest deep water, front float for five seconds, roll to back, float five seconds and return to vertical position. Back float for five seconds, roll to front and stand up. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float 15 seconds, roll to front and continue to swim five body lengths.

LEARN-TO-SWIM

The American Red Cross offers a comprehensive swimming and water safety program that teaches how to swim skillfully, and how to act safely in, on and around the water. The Learn-to-Swim program is based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills from positive learning experiences. **The prerequisite for each level is the successful demonstration of preceding level skills, except for Level 1, which has no prerequisites except a minimum age of 6 years.**

IMPORTANT – To help determine which level to enroll your child; check off each skill that your child can complete. If all skills are checked off in one level then proceed to the next. If your child is missing one skill, then that is the level your child should be enrolled in.

MINNOWS | AGES: **6 years & older** | CLASS LENGTH: **45 minutes**

LEVEL 1 - Introduction to water skills

- Enter/exit water using ladder, steps or side, independently
- Blow bubbles through mouth and nose for three seconds
- Bobbing three times
- Front and back glides for two body lengths
- Back float for three seconds
- Open eyes underwater and retrieve submerged objects in shallow water
- Front and back glides, back float, supported
- Recover to vertical position from a front glide and back float or glide, supported
- Roll from front to back and back to front, supported
- Tread water using arm/hand actions in chest depth
- Alternating and simultaneous leg/arm actions and combined actions on front and back, supported for two body lengths
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency and lifeguards
- How to call for help
- Too much sun is no fun
- Look before you leap

EXIT SKILLS – Enter water independently, travel five yards, bob three times, must be totally submerged, then break the surface of the water and safely exit the water. Glide on front for two body lengths, roll to a back float for three seconds and recover to vertical position- can be performed with support.

SEA TURTLES | AGES: 6 years & older | CLASS LENGTH: 45 minutes

LEVEL 2 - Fundamental water skills | **PREREQUISITE:** Demonstrated competency in Minnows Level 1 Skills

- Enter water by stepping/jumping from the side, with assistance, in shoulder depth
- Exit water using ladder, steps or side, independently, in chest depth
- Fully submerge and hold breath independently for five seconds
- Bob independently five times in chest depth
- Open eyes underwater and retrieve submerged objects independently, two times in chest depth
- Front, jellyfish, tuck floats, independently for five seconds
- Front/back glides independently for two body lengths
- Recover from front/back float/glide to vertical position independently in chest depth
- Back float independently for 15 seconds
- Roll from front to back and back to front, independently
- Change direction of travel while swimming on front or back, independently
- Tread water using arm and leg actions, independently for 15 seconds in shoulder depth
- Combined arm and leg actions on front and back independently for five body lengths
- Finning arm action on back independently for five body lengths
- Staying safe around aquatic environments
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go
- Review Minnows Level 1 Safety Rules

EXIT SKILLS – Step into chest deep water, move into a front float for five seconds, roll on to back and float for five seconds then recover to vertical position. Move on to a back float for five seconds, roll to front, and then recover to vertical position. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for five body lengths- can be assisted while breathing.

SEAHORSES | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Builds on the skills in Level 2 through additional guided practice in deeper waters

LEVEL 3 - Stroke development | **PREREQUISITE:** Demonstrated competency in Sea Turtles Level 2 skills

- Enter by jumping from the side into deep water
- Head-first entry from the side in sitting and kneeling positions in 9 feet of water
- Bobbing while moving toward safety, five times in chest deep water
- Rotary breathing, demonstrate 10 times
- Survival and back float for 30 seconds each in deep water
- Change from vertical to horizontal position on front and back
- Tread water for 30 seconds in deep water
- Push off in a streamlined position then begin flutter and dolphin kicks on front for three-five body lengths
- Front crawl and elementary backstroke for 15 yards
- Scissors kick for ten yards
- Reach or throw, don't go
- Think twice before going near icy water
- Look before you leap
- Think so you don't sink

EXIT SKILLS – Jump into deep water from side, swim front crawl for 15 yards, and maintain position by treading or floating for 30 seconds then swim elementary backstroke for 15 yards.

CROCODILES | AGES: **6 years & older** | CLASS LENGTH: **45 minutes**

Develops confidence and improves previously learned skills

LEVEL 4A - Stroke Improvement | **PREREQUISITE:** Demonstrated competency in Seahorses Level 3

- Head-first entry from the side in compact and stride positions in 9 feet of water
- Swim under water for three-five body lengths
- Survival swimming for 30 seconds in deep water
- Front crawl and backstroke open turns
- Tread water using two different kicks for two minutes
- Butterfly kick for 15 yards
- Front crawl, elementary backstroke for 25 yards
- Push off in streamlined position on back and begin flutter and dolphin kicks for three-five body lengths
- Sidestroke for 15 yards
- Reach or throw, don't go
- Think twice before going near icy water
- Look before you leap

EXIT SKILLS – Perform a feet-first entry into deep water, swim front crawl for 25 yards, change directions and position as necessary and swim elementary backstroke for 25 yards.

WHALES | AGES: **6 years & older** | CLASS LENGTH: **45 minutes**

Develops confidence in Crocodiles Level 4A skills and introduces new strokes

LEVEL 4B - Advanced stroke improvement | **PREREQUISITE:** Demonstrated competency in Crocodiles Level 4A

- Feet-first surface dive
- Refine front crawl and backstroke open turns
- Refine entry from side in compact and stride positions in 9 feet of water
- Front crawl and elementary backstroke for 25 yards
- Breaststroke, butterfly, back crawl and sidestroke for 15 yards each
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

EXIT SKILLS – Perform a feet-first entry into deep water, swim front crawl for 25 yards, change directions and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

DOLPHINS | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Provides further coordination and refinement of swim strokes. Increases swimming distances.

LEVEL 5 - Stroke refinement | **PREREQUISITE:** Demonstrated competency in Crocodiles Level 4A & Whales Level 4B

- Tuck and pike surface dives
- Shallow-angle dive from the side, glide for two body lengths and begin front stroke
- Front flip turn and backstroke flip turn while swimming
- Tread water for five minutes
- Front crawl and elementary backstroke for 50 yards
- Back crawl, breaststroke, sidestroke and butterfly for 25 yards
- Standard scull on back for 30 seconds
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

EXIT SKILLS – Shallow dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

SHARKS | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances.

LEVEL 6 - Swimming and skill proficiency | **PREREQUISITE:** Demonstrated competency in Dolphins Level 5

- Front crawl and elementary backstroke for 100 yards each
- Back crawl, breaststroke, sidestroke and butterfly for 50 yards each
- Front crawl and backstroke open turn
- Sidestroke, butterfly and breaststroke turn
- Front flip turn
- Backstroke flip turn

EXIT SKILLS – Swim 500 yards continuously using any three strokes, swimming at least 50 yards of each stroke.

***NOTE:** Level 6 is designed with options that focus on preparing participants for a lifetime of fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course or other aquatic activities, including competitive swimming or diving.

OPTION 1 (Sessions 2 & 4) - Personal Water Safety Skills

- H.E.L.P. position for two minutes
- Huddle position for two minutes
- Feet-first surface dive in 7 feet of water
- Pike & Tuck surface dives in 7 feet of water
- Back and survival floats for five minutes
- Survival swimming for 10 minutes
- Tread water, kicking only for two minutes
- Surface dive and retrieve object from bottom in 7-10 feet of water
- Think so you don't sink
- Swim with a buddy in a supervised area
- Learn about boating before you go floating

OPTION 2 (Sessions 3 & 5) - Fitness Swimmer Skills

- Circle swimming
- Use a pace clock
- Swim using pull boys, fins and paddles
- Setting up an exercise program
- Various training techniques
- Calculate target heart rate
- Aquatic exercises

JUNIOR & ADULT BEGINNER | JUNIOR AGES: **12 years & older** | ADULT AGES: **16 years & older**

CLASS LENGTH: 45 minutes | A beginner level class that increases comfort levels in the water, as participants learn fundamental aquatic skills, water safety and stroke development. There are no prerequisites.

LEVELS 1-3 – Class is geared toward individual participant needs

- Enter and exit water
- Bobbing, three to five times
- Open eyes underwater and retrieve submerged objects
- Front and back glides and floats for two body lengths
- Recover to vertical position for front and back floats
- Roll from front to back and back to front
- Tread water for 15 to 30 seconds
- Front crawl for 15 yards
- Submerging and holding breath for five seconds
- Change direction of travel while swimming on front or back
- Finning arm action on back for 15 yards
- Rotary breathing
- Reach or throw don't go
- How to call for help
- Recognizing an emergency
- Don't just pack it wear your jacket

WATER SAFETY INSTRUCTOR AIDE | AGES: **12+ years** | CLASS LENGTH: **2 hours**

PREREQUISITE: American Red Cross Level V Dolphin certification or equivalent skills

American Red Cross Water Safety Instructor Aides assist instructors in clerical, supervisory, instructional and maintenance duties.

SUMMER 1: First Year Aide

- Take the 16-hour American Red Cross Basic Water Safety Instructor Aide course, which includes the Red Cross Basic Water Rescue course (four–five hours) – Offered session 1 every year
- Volunteer in the Learn-To-Swim Program Frog, Minnow, Sea Turtle, Seahorse and Crocodile classes as Water Safety Instructor Aides. Upon completion of approximately 100 volunteer hours, and with instructor recommendations, students can then take the Advanced Water Safety Instructor Aide Course.

SUMMER 2: Second Year Aide

- 13 years old minimum age
- Take the Advanced Water Safety Instructor Aide Course (eight hours)
- Continue a minimum of two sessions of volunteer service as an aide
- Good recommendations from instructors

SUCCEEDING SUMMERS:

- To remain in the volunteer Water Safety Instructor Aide Program, an aide must volunteer a minimum of two sessions per summer, show mature behavior and maintain appropriate swim skills.
- An Appreciation Certificate is awarded annually as recognition of service as a Volunteer Red Cross Water Safety Instructor Aide in the Learn-to-Swim program.

ADDITIONAL AQUATIC PROGRAMS

SWIM STROKE CLINIC

REGISTRATION ENDS: **April 3** | AGES: **6-18 years** | COST: **\$50 per Resident, \$100 per Non-Resident**

The clinic will teach swimmers the technical aspects of each of the four Olympic swim strokes, and will allow them to practice their swim stroke proficiency. Participants must be able to swim the length of a 25-yard pool.

TSUNAMI SWIM TEAM

REGISTRATION ENDS: **April 30** | AGES: **5-18 years** | COST: **\$125 per person**

The program goal is to provide a recreational program that introduces participants to competitive swimming. Dual swim meets are held against other city teams with the summer culminating at a divisional meet. Qualified swimmers will have the opportunity to participate in invitational meets held in Houston, Texas.

JUNIOR LIFEGUARD & WATER SAFETY PROGRAM

REGISTRATION ENDS: **July 7** | AGES: **9-14 years** | COST: **\$75 per person**

Children will learn water rescues, non-certified CPR, First Aid, lifesaving skills, risk management, how to run a facility, test water, run safety inspections and much more. Fee includes: a whistle, lanyard, a four-week pool pass and lunch at the final class.

SESSION	DATES	TIMES	LOCATION	PARENT ORIENTATION
I	June 2-26	5:30-7:30 p.m.	Adamson Lagoon	First day of class
II	July 7-31	5:30-7:30 p.m.	Adamson Lagoon	First day of class
Ages 9-11: MON/TUES			Ages 12-14: TUE/THU	

ADULT WATER FITNESS PASS

ONGOING REGISTRATION | COST: **\$50 for 25 exercise sessions of your choice**

DATES	DAYS	TIME	LOCATION
May 31- Aug. 24	MON-FRI	9-10 a.m.	Cindy Hallaran

For complete details on any of the above programs or to register, visit cstx.gov/swim.

